



ST. LOUIS, MO • helenfitzgeralds.com • 314.984.0026

HELEN FITZGERALD'S

IRISH GRILL & PUB

COCKTAILS

🍀 IRISH MULE 9

Jameson Irish Whiskey + Lime Juice + Ginger Beer

SIGNATURE OLD FASHIONED 12

Helen's Barrel Pick + Demerara Syrup + Bitters + Orange + Luxardo Cherry

DOGS
FOR OUR
BRAVE

FOR OUR BRAVE 8

Tito's Handmade Vodka + Lemonade + Strawberry Purée

🍀 SHARK BITE 11

THIS ONE BITES!

Hi-Post Vodka + Red Bull + Blue Curacao + Splash of Grenadine served in a Shark

ESPRESSO MARTINI 11

360 Vanilla Vodka + Cold Brew + Dark Cream de Cocoa

BLACKBERRY SMASH 10

Maker's Mark + Blackberry Simple Syrup + Lemonade

COSMO 12

Deep Eddy Lemon + Triple Sec + Lime Juice + Cranberry

UNA VIDA SEASONAL MARGARITA ON DRAFT 8

Ask your server about our current selection

IP THE PHORMSICLE 10

360 Vanilla Vodka + Phorm Energy Orange Fury

KENTUCKY LEMONADE 10

Four Roses Small Batch + Lemonade + Strawberry Purée

IT'S ELECTRIC 9

Long Island Iced Tea Mix + Blue Curacao + Sour Mix + Sprite

EMPRESS 75 12

Empress 1908 Gin + Lemon Juice + Simple Syrup + Topped with Bubbles

RANCH WATER 12

Patron Tequila + Lime Juice + Topo Chico®

BUFFALO PAL 10

Buffalo Trace + Triple Sec + Aperol

MOCKTAILS

ORANGE REFRESHER 7

Phorm Energy Orange Fury + OJ

BERRY SPRITZER 7

Raspberry Purée + Lime Juice + Ginger Beer

WINE

LA MARCA PROSECCO 10

CHARLES & CHARLES ROSÉ 8

SEVEN DAUGHTERS MOSCATO 9

SAINT MRIESLING 8

WILLIAM HILL CHARDONNAY 9

CHALK HILL CHARDONNAY 11

SEAGLASS PINOT GRIGIO 8

SANTA MARGHERITA PINOT GRIGIO 14

WHITEHAVEN SAUVIGNON BLANC 11

MARK WEST PINOT NOIR 8

LA POSTA TINTO RED BLEND 9

DO EPIC SH*T RED BLEND 12

JOSH CABERNET SAUVIGNON 9

FRANCIS COPPOLA CABERNET SAUVIGNON 10

BEER, SELTZER
& WHISKEY MENU



FULL
DRINK MENU



HELEN FITZGERALD'S

IRISH GRILL & PUB

APPETIZERS

WORLD FAMOUS CHICKEN STRIPS 13.99

Hand-breaded chicken strips fried to a golden brown and served with your choice of dipping sauce OR tossed in our Syberg's Famous Wing Sauce.

TRY THEM GRILLED!

The healthy choice, under 340 calories!

PUB NACHOS 13.99

Homemade chips smothered in our Guinness beer cheese, shredded cheese blend, tomatoes, bacon, chives & your choice of meat.

Choice of grilled chicken, pulled pork or beef.

SALLY'S ONION RINGS 9.99

Heaping basket of hand-breaded onion rings, served with our Twisted Signature Sauce.

PICKLE CHIPS 9.99

Batter-dipped pickle chips fried and served with our Twisted Signature Sauce.

SYGOONS 12.99

8 fried wonton dumplings loaded with grilled chicken, House Ranch dressing, cream cheese and our World Famous Syberg's Wing Sauce. Served with Thai Chili for dipping.

TOASTED RAVIOLI 11.99

A STL TRADITION! Breaded beef-stuffed ravioli fried to a golden brown, dusted with Parmesan cheese and served with House marinara.

SYDILLA 11.99

TWISTING UP A CLASSIC

A deliciously packed tortilla with our 3-cheese blend, chicken strips & our Syberg's Famous Wing Sauce, served with House Ranch.

CHICKEN QUESADILLA 11.99

Large tortilla stuffed with a three-cheese blend, grilled chicken, peppers & onions, served with sour cream & salsa.

SYBERG'S FAMOUS CHICKEN DIP 11.99

Rich and creamy blend of Syberg's sauce, grilled chicken, cream cheese & our 3-cheese blend. Served with crispy corn tortilla chips.

SPINACH DIP 11.99

Perfect blend of spinach, cream cheese & artichoke served with crispy corn tortilla chips.

PRETZEL BITES 9.99

Pretzel bites deep fried to a golden brown, salted and served with our homemade Guinness beer cheese sauce.

CHEESE CURDS 11.99

Fried to a golden brown, served with a side of marinara.

SYSHRIMP 13.99

LEAN & HEALTHY UNDER 200 CALORIES!

10 grilled shrimp dusted in our signature seasoning, grilled to perfection and tossed in our Syberg's Famous Wing Sauce.

COCONUT SHRIMP 14.99

10 beer-battered coconut fried shrimp served with honey mustard.

CAJUN SHRIMP 13.99

10 pan-seared shrimp in our House Cajun spice & butter.

SYSKINS 12.99

OUR TAKE ON A FAVORITE!

6 potato skins loaded with fried chicken strips, our Syberg's sauce and topped with a three-cheese blend, served with a side of House Ranch.

POTATO SKINS 12.99

6 large potato skins loaded with our 3-cheese blend, crispy bacon & chives, served with sour cream.

POT 'O GOLD 16.99

HELEN'S FAVORITES

3 of each: Syberg's wings, T-Ravs, Sygoons, Potato Skins & Pretzel Bites served with sour cream, marinara, Thai Chili & cheese sauce.

HELEN FITZGERALD'S

IRISH GRILL & PUB

PIZZA

St. Louis-style thin crust topped with our signature pizza sauce.

BRETT'S CONGLOMERATION

Loaded with Italian sausage, ham, pepperoni, hamburger, bacon, mushrooms, green peppers & onions.

12" 18.99 | 16" 26.99

JOE MAMA'S

The Meats! Italian sausage, ham, bacon, hamburger & pepperoni.

12" 17.99 | 16" 25.99

MOM'S VEGGIE

Green peppers, mushrooms, black olives, tomatoes & onions.

12" 16.99 | 16" 22.99

SYBERG'S SIGNATURE CHICKEN

Syberg's Famous Wing Sauce topped with grilled chicken & our 3-cheese blend. Served with a side of House Ranch.

12" 16.99 | 16" 22.99

BUILD YOUR OWN

Select the toppings of your choice.

	9"	12"	16"
MEAT (each)	9.99	13.99	19.99
VEGGIE (each)	1.25	2.00	3.00
SEAFOOD (each)	0.75	1.00	1.25
ANY SIGNATURE PIZZA	3.00	5.00	8.00
	+2.00		

TOPPINGS

MEAT

Sausage | Grilled Chicken | Pepperoni | Hamburger | Ham | Bacon

VEGGIE

Onions | Red Onions | Mushrooms | Green Peppers | Black Olives
Pineapple | Pepperoncini | Tomatoes | Jalapeños

SEAFOOD



Shrimp

NO SPLIT ORDERS

Fresh jumbo hormone/antibiotic-free chicken wings.

Add your favorite dipping sauce to any item for 0.50 ea.

6 WINGS 11.99

10 WINGS 18.99

20 WINGS 33.99

40 WINGS 58.99



Syberg's Original Famous Wing Sauce ^{GF}

Helen's Sweet Heat

-Try our NEW NootBaar Sauce-

Buffalo Parmesan Garlic

Syberg's Whiskey Glaze

Suicide ^{GF}

Trashed Wings

Red Hot Riplets™ Dry Rub

Teriyaki

Buffalo ^{GF}



^{GF}=Gluten-free

WINGS

SAUCES:

HELEN FITZGERALD'S

IRISH GRILL & PUB

SALADS & SOUPS

FITZGERALD'S HOUSE SALAD 11.99

Romaine & iceberg blend tossed with red onions, sweet red peppers, House white cheese topped with homemade croutons.

Make your meal complete, add a protein:

Grilled Chicken +7 | Grilled Shrimp +6 | Grilled Salmon +8

PEAR TREE SALAD 15.99

Delicious mix of greens, seasoned grilled chicken, chopped egg, onions, tomatoes & cucumbers tossed in our homemade Pear Tree Sweet Onion dressing, topped with Feta cheese & croutons.

SEAFOOD 14.99

House Salad mix topped with fresh jumbo shrimp & crab.

REAL ESTATE 13.99

Our Fitzgerald's House Salad topped with diced ham, salami & turkey.

ROASTED BEET SALAD 13.99

Spring mix topped with roasted beets, goats cheese, walnuts, craisins & oranges with a Raspberry Vinaigrette.

CHICKEN CAESAR 14.99

Romaine lettuce tossed in our Pear Tree Caesar dressing topped with grilled chicken, House white cheese, Parmesan and homemade croutons.

Dressings served on the side unless otherwise noted.

SIDE SALAD 5.99

Half of our House Salad.

SYBERG'S CHICKEN STRIP SALAD 15.99

HANDS DOWN, FAVORITE SALAD! Our House salad mix topped with hand-breaded chicken strips tossed in Syberg's Famous Wing Sauce.

DRESSINGS

HOME MADE SPECIALTY DRESSINGS

House Ranch GF | Pear Tree Sweet Onion GF
Pear Tree Caesar GF | Pear Tree French GF

ALSO OFFERING

Italian GF | Balsamic Vinaigrette GF | Poppyseed GF
1000 Island GF | Honey Mustard | Bleu Cheese GF
Raspberry Vinaigrette

GF Gluten-free

S O U P S

bowl 4.99

SOUP OF THE DAY

Ask your server for the daily selection.

IRISH STYLE POTATO SOUP

CAJUN GUMBO

HELEN FITZGERALD'S

IRISH GRILL & PUB

Lunch

SPECIALS

Available until 4pm.

WINGS & SALAD 15.99

STRIPS & SALAD 16.99

9" PIZZA & SALAD 12.99

One meat or veggie topping, all other toppings extra. Specialty pizza extra.

SOUP & SALAD 9.99

TOASTED RAVIOLI & SALAD 14.99

BLUE PLATE SPECIAL 9.99

Available Monday through Friday until sold out.

Mom's home cooked meal.

Selection changes daily. Ask your server for details.

Dinner

SPECIALS

Available after 4pm.

Sides and Premium Sides listed under sandwiches.

SUNDAY & MONDAY FRIED CHICKEN

4 pieces of hand-breaded fried chicken served with your choice of side*. 12.99

TUESDAY SHRIMP NIGHT

10 pieces of shrimp served Fried, Scampi or Cajun with your choice of side. 11.99

****KIDS EAT FREE** 5pm-8pm dine-in only.**

WEDNESDAY NIGHT

Steak Night USDA Choice Steak served with your choice of side. 16.99

Pizza Party 16" One-topping pizza*** (starting at 6pm). 15.99

**Additional toppings extra. Dine-in only, no carryout boxes. Excludes seafood toppings. Any Specialty pizza is an additional charge.

THURSDAY FEED THE FAMILY

16" One-topping pizza**, 10 wings, order of toasted ravioli & a House Salad. 54.99

**Additional toppings extra. Excludes seafood toppings. Any Specialty pizza is an additional charge.

FRIDAY & SATURDAY CHEF SPECIAL

*Coupons or other discounted items not to be used or combined with any offers. Some items available for dine-in only. See your server for complete details. Specials subject to change without notice. Not available on holidays or pre-planned specialty events. KIDS EAT FREE : Available for children 8 & under. Dine-in only, no carryout boxes. 1 adult per 2 children only. Adult minimum food & beverage spend required of \$10.99, before tax, as spend does not include kids meals.

HELEN FITZGERALD'S

IRISH GRILL & PUB

EARLY BIRD SPECIALS

PROVEL® CHICKEN 10.99

Served with one side.

SHRIMP SPECIAL 11.99

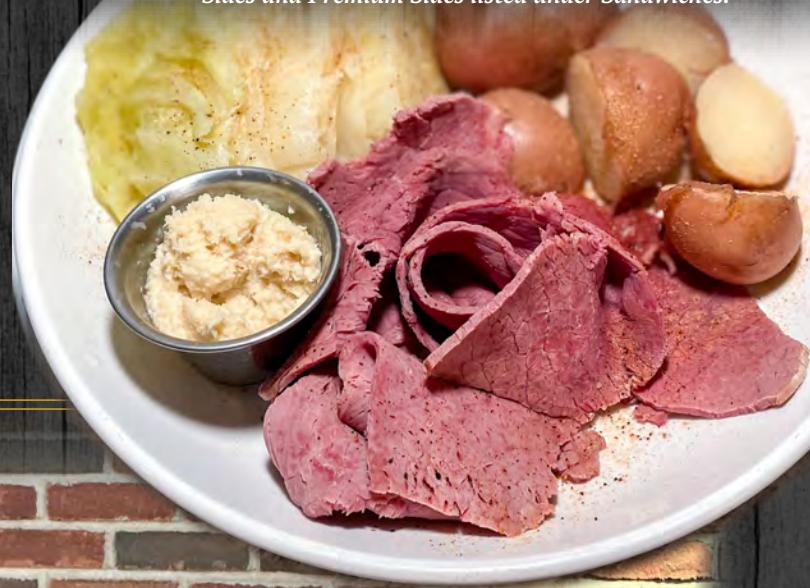
10 pieces fried or grilled served with one side.

CORNED BEEF & CABBAGE 10.99

Available Monday through Friday 2pm-5pm.

DINE-IN ONLY, NO CARRYOUT BOXES

Sides and Premium Sides listed under Sandwiches.



— FEED the FAMILY —

— FEED the TEAM —

SERVES APPROXIMATELY 4

- One 16" One-topping Pizza
- 10 Wings
- Order Toasted Ravioli
- House Salad

54.99

SERVES APPROXIMATELY 10

- 3-16" One-topping Pizzas
- Bucket of Wings
- Bucket of Toasted Ravioli
- Small Bowl of House Salad

175.00

Available for dine-in or carryout. No coupons will be accepted with the Feed the Family, Feed the Office or Feed the Team. Feed the Team includes 40 wings, 50 toasted ravioli, and small bowl of the House salad from the party menu. Additional toppings extra. Excludes seafood toppings. Any specialty pizza is an additional upcharge. Coupons or other discounted items not to be used or combined with any offers. Some items available for dine-in only. See your server for complete details. Specials subject to change without notice. Not available on holidays or pre-planned specialty events.

HELEN FITZGERALD'S

IRISH GRILL & PUB



CORNED BEEF & CABBAGE 13.99

OUR IRISH TRADITION! Thick-cut corned beef served with steamed cabbage & seasoned Irish potatoes.

REUBEN 13.99

Freshly baked corned beef piled high on toasted Rye with 1000 Island, sauerkraut & Swiss cheese served with your choice of one side.

IRISH POTATO SOUP 4.99

Grandma Fitzgerald's recipe topped with cheese, bacon & chives.

GUINNESS BEEF STEW 9.99

Homemade hearty Guinness beef stew served in a bread bowl.

HELEN'S SHEPHERD'S PIE 13.99

Ground beef, carrots, peas, corn, onions, mushrooms, our House seasoning & a Guinness mushroom gravy topped with mashed potatoes.

FISH 'N CHIPS 13.99

Hand-breaded fish, coated in Andy's Fish Breading & deep fried with steak fries, slaw & homemade tartar.

HELEN'S legacy

Helen Fitzgerald was born in Memphis, Tennessee in September 1906; the youngest of 5 children. In 1926, she married Phil Gumpert and eventually moved to Bingham Avenue in South St. Louis to raise their 7 children, including our founder, Sally Syberg.

Helen loved growing peaches and making pies for our Original Syberg's Gravois location to sell for the dessert specials with her daughter. Helen held various jobs in the service industry including "Rosie The Riveter" during WWII at Small Arms. While working at The Gables, Stan Musial, a regular, suggested she go work at the MAC where she stayed for 25 years.

Helen passed away in 1984 and continues to leave her legacy here at Helen Fitzgerald's Irish Grill & Pub.



Indicates a specialty item. Parties of 6 or more subject to 20% service charge.

Menu items are cooked to order. The FDA advises consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have a certain medical condition. Please reference Sandwiches page for complete Allergen Information.

HELEN FITZGERALD'S

IRISH GRILL & PUB

SANDWICHES

*All Sandwiches, Wraps, Burgers & Weekly Dinner Specials
are served with one side of your choice listed below.*

★ SYBERG'S FAMOUS CHICKEN SANDWICH 14.99

OUR MOST FAMOUS SANDWICH!

Hand-breaded chicken tenders tossed in our Syberg's Famous Wing Sauce, served on a toasted bun.

Add the STL twist with melted Provel® cheese +1.00

★ PROVEL® CHICKEN SANDWICH 13.99

A FAVORITE! Grilled chicken breast served on toasted sourdough with sautéed mushrooms, honey mustard & Provel® cheese.

★ HELEN'S REUBEN 13.99

Freshly baked corned beef piled high on toasted Rye with 1000 Island, sauerkraut & Swiss cheese.

SUNSET CLUB 11.99

Turkey, bacon, lettuce and tomato piled high on a fresh croissant served with a side of mayo.

Served hot or cold.

CHICKEN CLUB 12.99

Grilled chicken breast topped with crispy bacon, lettuce & tomato on a toasted bun served with a side of mayo.

CAJUN CHICKEN PHILLY 13.99

Tender chicken breast sliced and mixed with onions, peppers and our Cajun spice. Grilled and topped with our House white cheese, served on a hoagie roll.

PHILLY BEEF 13.99

Sliced tender roast beef, grilled onions & peppers, smothered in House white cheese, served on a hoagie roll.

CHIPOTLE CHICKEN 13.99

Grilled chicken breast topped with pepper jack cheese, crispy bacon, lettuce & chipotle mayo on a toasted bun.

SIDES

French Fries | Homemade Chips | Coleslaw
Fresh Fruit | Steamed Veggies | Steamed Broccoli
Cottage Cheese | Irish Potatoes | Mashed Potatoes

SUBSTITUTE FOR 1.99

White Cheddar Mac 'N Cheese | Sweet Potato Fries
Buffalo Chips | Onion Rings | Soup

SUBSTITUTE FOR 4.50

Side Salad



CAJUN MAHI SANDWICH 16.99

Charbroiled Cajun Mahi topped with Chipotle mayo, lettuce & tomato served on a toasted bun.

OPEN-FACED ROAST BEEF 13.99

WE BAKE OUR ROAST BEEF IN-HOUSE DAILY!
Sliced fresh and served open-faced on a loaded cheese garlic hoagie.

★ HOT CHICKEN MELT 13.99

Grilled chicken breast tossed in Helen's Sweet Heat topped with pepper jack cheese on a toasted bun.

BIG FISH SANDWICH 12.99

White fish hand-breaded & coated in Andy's Fish Breading & deep fried, served on a hoagie roll with tartar sauce on the side.

STEAK SANDWICH 19.99

8 oz. Filet topped with pepper jack cheese on a toasted bun with a side of horsey sauce.

HELEN FITZGERALD'S

IRISH GRILL & PUB

WRAPS & MORE

TURKEY CLUB WRAP 11.99

Sliced turkey, crispy bacon, cheddar cheese, lettuce & tomatoes packed into a toasted tomato-basil tortilla with a side of our ranch.

SYBERG'S CHICKEN STRIP WRAP 12.99

OUR MOST POPULAR ITEM!

Hand-breaded chicken strips tossed in our Syberg's Famous Wing Sauce, lettuce, tomatoes, cheese & our homemade Ranch dressing stuffed into a large flour tortilla.



BURGERS

Hand-pattied Creekstone Farms fresh burgers cooked to your liking and served on a toasted bun.
Garnish available upon request. Substitute any burger to a turkey burger or veggie burger.

BACON CHEESEBURGER 14.99

Creekstone all-beef burger patty smothered in your choice of cheese & loaded with bacon.

SYBURGER 14.99

Creekstone burger patty topped with Syberg's Famous Wing Sauce, our House white cheese & grilled onions.

SMOKEHOUSE 15.99

Creekstone all-beef burger patty topped with cheddar cheese, bacon, ham & BBQ sauce.

FITZGERALD'S FRISCO MELT 14.99

Grilled onions, 1000 Island & our House White cheese served on toasted sourdough.

*All Wraps, Burgers & More are served with one side of your choice.
Sides and Premium Sides listed under Sandwiches.*

VEGGIE WRAP 8.99

Cucumber, tomato, broccoli, mushrooms, onions & feta cheese stuffed into a large wheat tortilla served with a side of honey mustard.

Make your meal complete, add a protein:

Grilled Shrimp Tossed in Helen's Sweet Heat +6
Grilled Chicken +7 | Grilled Salmon +8

CAJUN MAHI TACOS 14.99

2 soft tacos with blackened Mahi Mahi, pineapple pico de gallo, slaw and Chipotle mayo, served with one side.

SYBERG'S GRILLED CHICKEN 12.99

Charbroiled chicken breast served with a side of our Syberg's Famous Wing Sauce & one side.

CHICKEN & SHRIMP 16.99

Charbroiled chicken breast & 4 large grilled shrimp served with a side of Helen's Sweet Heat.



RICH'S BURGER 13.99

Beef burger deliciously charbroiled to your liking.

SAUCES & SPICES 0.50 ea.

Syberg's Famous Wing Sauce | Helen's Sweet Heat
Syberg's Whiskey Glaze | BBQ | Cajun Spices

VEGGIE 1.00 ea.

Grilled Onions | Onion Rings | Sautéed Mushrooms
Green Peppers | Jalapeños

CHEESE 1.00 ea.

House White Cheese | Cheddar | American
Natural Swiss | Pepper Jack | Bleu Cheese

MEAT 1.00 ea.

Ham | Bacon

HELEN FITZGERALD'S

IRISH GRILL & PUB

ENTRÉES

8 OZ. FILET 29.99

USDA Choice, Center-Cut Filet hand-carved, seasoned to perfection & charbroiled for a tender, mouth-watering flavor..

10 OZ. WHISKEY SIRLOIN 21.99

10 oz. Prime Sirloin is one of the finest, most flavorful cuts of meat. We hand-cut & charbroil on an open flame to your liking topped with our own Syberg's Whiskey Glaze.

PROVEL® CHICKEN DINNER 15.99

Charbroiled chicken breast topped with our melted Provel® cheese, sautéed mushrooms and honey mustard.

CHICKEN STRIPS DINNER 15.99

FAN FAVORITE! Hand-breaded chicken strips served with your choice of dipping sauce or tossed in our Syberg's Famous Wing Sauce.

PASTA

Pasta dishes served with a side salad.

CAJUN CHICKEN PASTA 15.99

Grilled chicken tossed in penne pasta with our delicious homemade Cajun cream sauce.

BRETT'S SHRIMP SCAMPI 15.99

Large grilled shrimp tossed with olive oil, garlic & angel hair pasta topped with crouton dust.

All Entrées are served with fresh baked Fazio's bread & two sides of your choice, listed below.

SIDES

Mashed Potatoes | French Fries | Homemade Chips | Coleslaw
Fresh Fruit | Steamed Veggies | Steamed Broccoli | Cottage Cheese

Irish Potatoes | Side Salad | Baked Potato*

**served after 4pm daily*

SUBSTITUTE FOR 1.99

White Cheddar Mac 'N Cheese | Sweet Potato Fries
Buffalo Chips | Onion Rings | Cup of Soup

GRILLED MAHI MAHI 19.99

Pan-sautéed Mahi Mahi served over wild rice topped with a fresh citrus salsa.

WHISKEY GLAZED SALMON 17.99

Grilled salmon topped with our homemade Syberg's Whiskey Glaze.

GOLDEN FRIED SHRIMP 17.99

10 hand-breaded fried shrimp served with cocktail sauce.



SYMAC 'N CHEESE 18.99

Creamy home-style white cheddar mac 'n cheese topped with our Signature Chicken Strips tossed in our world famous Syberg's Wing Sauce & Parmesan cheese.

CHICKEN FLORENTINE 15.99

Charbroiled chicken breast served over angel hair pasta with a white wine spinach cream sauce.

HELEN FITZGERALD'S

IRISH GRILL & PUB

B E V E R A G E S



FRESH BREWED
ICED TEA
SWEET TEA
HOT TEA

MILK
COFFEE
DECAF COFFEE

D E S S E R T

PAYTON'S HEAVEN IN A BOWL 5.99

Chocolate chip cookie baked and served with vanilla ice cream, chocolate & caramel syrup and whipped cream.

CHEESECAKE 4.99

Locally owned & baked, Hank's Cheesecakes offers the finest cheesecakes.

Ask your server for current selection.

VISIT OUR *family* OF RESTAURANTS

SYBERG'S



SYBERG'S *legacy*



- RICH & SALLY SYBERG -

Syberg's, an Eating & Drinking Company, is a family owned business founded by Richard and Sally Syberg in the 1970's as a catering business. Their children & grandchildren have continued the family tradition by building additional restaurants throughout the St. Louis area. Over the company's 40+ years of existence, Syberg's has grown to include multiple full-service restaurants and bars. Each location is unique to its surrounding community with family-friendly vibrant atmospheres! Many locations have outdoor seating, spacious dining rooms, private banquet facilities and much more, making each restaurant its own truly unique destination place.

BANQUET ROOMS

Enjoy our large private facilities for your next event!

CURBSIDE PICK-UP

Enjoy a delicious meal through our curbside services.

GIFT CARDS AVAILABLE

Ask your server or visit online at:

helenfitzgeralds.com

ACCEPTED AT ALL LOCATIONS



Pre-paid credit cards and gift cards are not accepted at any location.

No personal checks accepted.

Thank you for your support